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Best of SI: Former NBA Player Royce White Takes on MMA

JUSTIN GRASSO • APR 14, 2020 8:58 AM EDT

**FORMER NBA FIRST ROUND DRAFT PICK ROYCE WHITE SET TO MAKE MMA DEBUT
WHITE CLAIMS NBA BLACKBALLED HIM FOR SPEAKING ABOUT MENTAL HEALTH**

Royce White Takes On MMA

Sports Illustrated



30+ Coolest Gifts Nobody Would Think Of

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Schedule

DATE	OPPONENT	RESULT
Sat Mar 23	@ Lakers	L 101 - 94
Sun Mar 24	@ Clippers	W 121 - 107
Tue Mar 26	@ Kings	L 108 - 96
Wed Mar 27	vs Clippers	11:30 PM
Fri Mar 29	@ Cavaliers	11:30 PM
Sun Mar 31	@ Raptors	10:00 PM

[Full Schedule](#)

Latest 76ers News



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Former Sixers Two-Way Player Has Major Performance in G League Battle

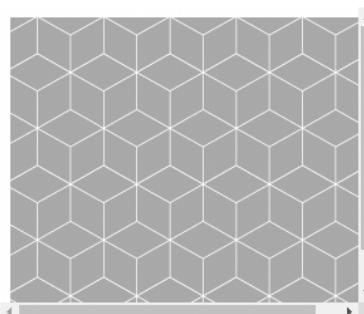


Nick Nurse Dishes Latest on Joel Embiid Before Sixers vs. Suns



Sixers' New Addition Remains Sidelined Due to Injury

The No. 16 pick in the 2012 NBA draft is basted in sweat, huffing and puffing in the gym as the veins on his arms and neck look as if they're attempting a jailbreak from his skin. At 6' 8" and 260-or-so pounds, Royce White is a mountain of man, but surprisingly agile. He's going through a battery of meticulously designed drills, alternately meant to improve offense, defense, movement, footwork and stamina.



Yet in this gym, there is no hoop. And there are no balls. Actually, check that. There are balls. They just don't bounce. Plyometric and medicine balls. White is working





Sixers' New Addition Remains Sidelined Due to Injury

Yet in this gym, there is no hoop. And there are no balls. Actually, check that. There are balls. They just don't bounce. Plyometric and medicine balls. White is working to improve the range and accuracy not of his jump shot, but of his punches. The defense isn't about preventing his man from scoring; it's about preventing his opponent from blasting him in the face. The idea is not to conserve energy for the final, critical minutes of the game, but rather the final minutes of a fight, when your back isn't just metaphorically against a wall, but literally pressed up against a chain-link metal fence.



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It was one Minnesotan, F. Scott Fitzgerald, who declared that there are no second acts in American life. It's long been disproven—even A-Rod is beloved these days—and here now comes another Minnesotan, Royce White, age 28, attempting a most unlikely sports encore. Six years after leaving the NBA—blackballed, he insists—he is refashioning himself as a mixed martial arts fighter. He began training in 2018, preparing for his first fight, likely to come later this year.



30+ Coolest Gifts Nobody Would Think Of

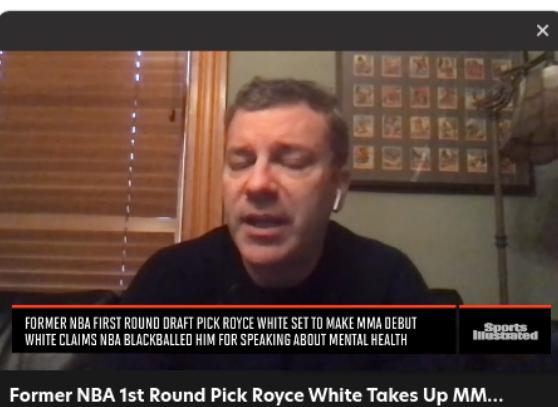
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[Click Here](#) to read the rest of "Royce White Takes on MMA," for FREE at **Sports Illustrated!**



BY JUSTIN GRASSO

Justin Grasso covers the Philadelphia 76ers for All76ers, a Sports Illustrated channel. You can follow him for live updates on Twitter: @JGrasso_.



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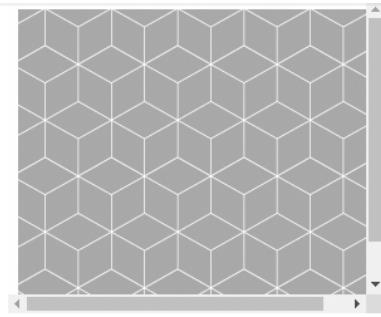




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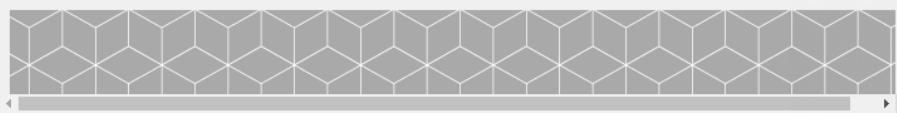
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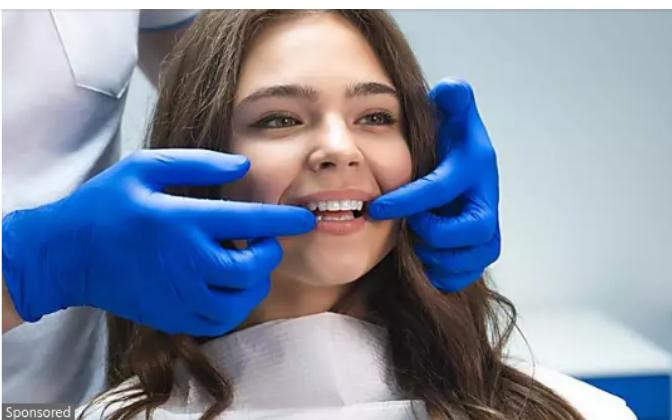
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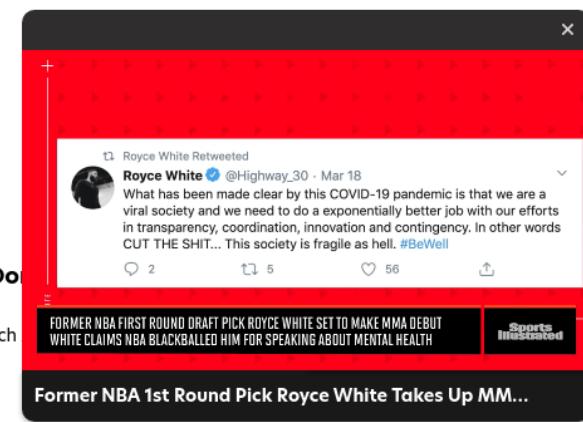
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